

Martial arts instructor trains Wolf Pack



Above: Capt. Mark Scheidler, 8th Medical Group flight surgeon practices Jun Fan Gung Fu with partner Senior Airman Lawrence Hernandez, 35th Fighter Squadron avionics journeyman, as Staff Sgt. Eric Gergen, 8th Mission Support Squadron NCO-in-charge of base training, looks on. Right: Gergen demonstrates a trapping technique to Scheidler and Hernandez.



Photos by Airman 1st Class Brian Hill

Gergen observes Capt. Jeff Skinner (left), 8th Medical Group flight surgeon, and Tech. Sgt. George Booker (center), 8th Operations Support Squadron weather station operations superintendent, practicing a Kali fighting technique. Hernandez (right) and Tech. Sgt. Cal Ramirez (far right), 8th Civil Engineer Squadron NCO-in-charge of the structure shop, follow along.

By Staff Sgt. Heather Shelton
8th Fighter Wing Public Affairs

A trained military instructor and 3-year martial arts instructor, Staff Sgt. Eric Gergen, 8th Mission Support Squadron NCO in-charge of base training, is in his element teaching members of the Wolf Pack Jeet Kune Do.

"I love to teach, especially martial arts," said Gergen. "I enjoy practicing and teaching Jeet Kune Do because it is combat and street effective."

According to Gergen, Jeet Kune Do is a progressive martial arts system founded by Bruce Lee that combines several types of martial arts.

"Jeet Kune Do, under the teachings of Harley Elmore and Dan Inosanto, teaches the styling of Jun Fan Gung Fu; Kali, a weapons based system from the Philippines; Silat, a fighting system from Indonesia; Muay Thai, a style of boxing from Thailand; and Grappling, a ground fighting system taken from Brazil," he said.

Not only can performing martial arts offer a cardio-vascular workout, but it can also teach people how to protect themselves.

"Martial arts afford me the opportunity to sharpen survival techniques and build self confidence," said Gergen. "People don't like to think bad things can happen to them, but if and when they do, it's better to be prepared—martial arts can provide that training."

Free Jeet Kune Do classes are offered Monday-Thursday from 9-10 p.m. and Friday from 8-9 p.m. at the Health and Wellness Center. Gergen is also offering a free women's self defense course scheduled for 7 p.m. Nov. 15 at the HAWC. The class size is limited to 10.

For more information on Jeet Kune Do classes or for individuals interested in signing up for the self defense course, call Gergen at 782-5148.